

## SPOTLIGHT

# Getting It All Straightened Out

## Friends and Family Spinal Care doctors use gentle, fast NUCCA method

Cathy Rose

It was his own pain and fatigue that led Dr. Justin Brown to find an answer for himself years ago in NUCCA chiropractic care.

“I did my own research, and I started to understand the science behind why it works,” says Brown.

He got relief for the nerve irritation that was preventing him from getting deep sleep and decided it was his calling to help other suffering people.

His results were so astonishing that Brown decided to become a chiropractor and use NUCCA to help others. He did just that and four years ago moved that practice from Seattle to Coral Springs.

“That’s my entire inspiration to do what I’m doing,” says Brown, who is the owner of Friends and Family Spinal Care in Coral Springs. “That’s why I have so much passion for what I’m doing.”

Brown says the key to success in achieving results for patients facing a variety of problems is the NUCCA approach. Brown and his associate, Dr. Jonathan Chung, are the only chiropractors providing NUCCA care in South Florida.

NUCCA, short for the National Upper Cervical Chiropractic Association, is a method in use by about 300 chiropractors around the country that is gentle yet provides fast results.

“We’re working with the most important part of the central nervous system outside

**UPCOMING EVENT**  
 Oct. 22 at 9 a.m. at Friends and Family Spinal Care  
 The first Coral Springs Pathways Connect Playdate for Holistic Families

**GENERAL INFORMATION**  
 Friends and Family Spinal Care is located at 4674 Coral Ridge Dr. Coral Springs.  
 For more information about the Oct. 22 event or Friends and Family Spinal Care in general, visit their website at: [www.familyspinalcare.com](http://www.familyspinalcare.com) or by calling 954-369-1212.

the brain – the upper spinal cord that is so critical to widespread function,” says Brown.

Those familiar with traditional chiropractic treatment might expect a thrust and some kind of pop to go with an adjustment, but Brown says the NUCCA approach is gentle.

“It’s a very controlled, specific force to the upper part of the neck to realign that area so that the body can be in balance so that it can function well and people can heal and feel great,” says Brown.

No matter the symptoms that patients bring to the health care professionals at Friends and Family Spinal Care, the initial approach is always the same, says Brown: locate and correct the cause.

Mainstream medicine takes one symptom at a time, often treating each with drugs or surgery.

“We don’t limit ourselves to conditions,” says Brown. “We really focus on the body as a whole.”

Brown said Friends and Family Spinal Care provides care for children to seniors and patients with every imaginable ailment, and each has a care plan tailored to his or her specific problems.

“One size does not fit all,” Brown says. “We give them exactly what they need.”



Dr. Justin Brown, a chiropractor at Friends and Family Spinal Care, said the relief he got for his own back problems inspired him to help others.

PHOTOS/JEFF GRAVES



For the patients who come to Friends and Family Spinal Care, it is often the last resort that turns out to be the path to healing that they didn’t dare hope for.

Brown believes so strongly in the work that he and Dr. Chung are doing that he conducts educational and wellness outreach to the community. The aim is to

let people know there are wellness alternatives that keep people from the dangers of drugs and surgeries.

“If you haven’t tried NUCCA, you haven’t tried everything,” he says. “We have an extremely different approach. We can find out if this is the thing that will help you.”

